HALIFAX C C NEWS WORTH SHARING.

Seahorse Tavern on the move

Halifax institution heading to Gottingen Street to share space with The Marquee Ballroom

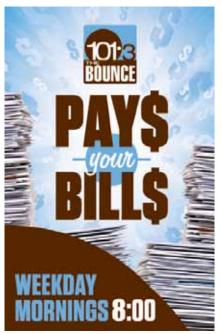
So much for the process

Our columnist wonders: Where was the public consultation on Transit's latest decision?

RAONIC PLAYS THE HERO

CANADA SECURES BERTH IN DAVIS CUP WORLD GROUP PAGE 24







IEFF HARPER/METRO

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FIVE THINGS YOU NEED TO KNOW TODAY

FILM FEST

Why not spend Monday checking out the Atlantic Film Festival? The first flick starts at noon at Park Lane Cinemas, with over a dozen other movies on offer that day.

RETRIAL

Leslie Douglas Greenwood will be tried again for the 2000 killing of a couple in their home. Greenwood had first-degree murder charges overturned by the Court of Appeal.

KING OF THE **MONSTERS**

If you missed the wanton destruction in theatres, now is your chance: Godzilla is back Tuesday on Blu-ray and DVD.

ON THE GREEN

Billy Horschel has nabbed the biggest payoff in golf. With his win in the \$1.4-million Tour Championship on Sunday, Horschel also sealed the \$10-million FedEx Cup bonus.

PREMIER PREMIERE

Jim Prentice is set to be sworn in as Alberta's new premier today. Alison Redford resigned in March after an expense scandal.

Oldest bar in Halifax moving to new home

Seahorse Tavern.

Patrons split on move to Gottingen Street



RYAN ley.ryan@metronews.ca

Change is coming to the oldest bar in Halifax, as the Seahorse Tavern has announced it will be moving out of its historic Argyle Street space.

Posters announcing the move to 2037 Gottingen, to share space with the Marquee Ballroom, were spotted over the weekend. The bar's website declares, "Soon with more capacity and in-house pizza. YES.

Öwner Victor Syperek told CBC on Sunday that his lease in the Argyle Street building will soon be up, and Gottingen seems like an area whose "time has come.'

Syperek, who owns the Marquee, told CBC the Seahorse would be moving into the Marquee's basement where Hell's Kitchen and a pizza place are

In early August, Syperek addressed rumours that the

The year The Seahorse Tavern first opened

Seahorse was shutting down by telling Metro there was "no way" its doors would close.

"The Seahorse is the oldest bar in Nova Scotia," Syperek said at the time. "I might move it or something but never close it down."

Social media was abuzz Sunday, with many on Twitter expressing their disappointment.

"That's kind of heartbreaking. I'm not sure it could really be 'the' Seahorse in any other location," @rachelmbray tweet-

Others were excited to see what the new Seahorse would look like and said a larger space accommodate more people for the Tavern's live shows.

"I can't deny that the new space for @theseahorse makes perfect sense for what they do. I'm naturally curious what will fill the old space," @binghamoo tweeted.



Woman ticketed after being struck by automobile

Jaywalking

A 30-year-old woman was hit by a car in Dartmouth early Sunday morning and ticketed for it, too.

Police say the woman was crossing at Wyse Road and Thistle Street just after 1:30 a.m. when she was hit by a vehicle.

It was raining heavily at the time, police say, and the woman wasn't in a crosswalk. She suffered minor injuries to her face and was taken to hospital.

The woman was given a summary offence ticket for not crossing a street in a crosswalk. metro

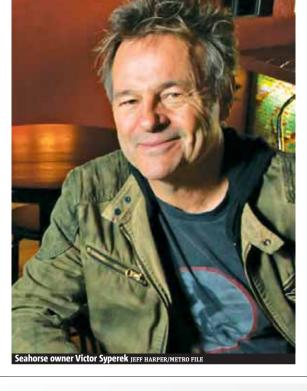
Locked in?

Province eases pension rules

The Nova Scotia government has changed regulations around locked-in pensions to make it easier for people to withdraw when they are facing financial hardship.

than \$35,000 annually (up from \$21,000) can qualify and take out \$26,250 (up from \$21,000) per year. THE CANADIAN PRESS

People earning less





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metronews.ca Monday, September 15, 2014 metr⊕

'Fire ... gutted the building'

5426 Portland Place.

Neighbours evacuated. fire crews use defensive tactics



HALEY RYAN

Much of Halifax's downtown and the Gottingen Street area was blanketed by smoke Sunday as fire crews began battling a large blaze around 8 a.m. that destroyed a commercial building at 5426 Portland Pl. and caused some people to evacuate their homes.

"When I was seeing the flames that close to my house and some sparks fly-ing I was a bit concerned," said Heather Fairbairn, who lives in one of the rows of townhouses on Brunswick Street below the scene of the fire.

Police and firefighters arrived around 8 a.m. and took a defensive stance against the blaze because it was already too large to get crews inside, said division commander for Halifax Regional Fire, Scott Shaffner.

Fairbairn and her neighwere evacuated around 9 a.m., but she was not too concerned because the wind was blowing away from their brick homes and firefighters had said the



townhouses would be fine besides possible water dam-

age.
"That gave me a sigh of relief for sure," she said.

Stuart Hiseler said he thought he smelled wood smoke from his house on Creighton Street early Sunday morning, until he saw plumes of black smoke and flames shooting into the air a couple hours later.

"Tĥere was burning pieces of stuff going up into the air, our backyard has ash all over it," Hiseler said at the scene.

The commercial structure was home to tenants such as Gottingen Street Furniture, the police training centre Ravensberg College, National Art Limited and the RCR Hospitality

Shaffner said the furniture and mattresses provided "a good fuel source" for the fire, and by noon the back of the building had fallen in, with the walls following a couple hours later.

"Basically the fire has gutted the building," Shaffner said.

Firefighters kept water on the blaze to ensure it did not spread to the neighbouring Staples or other homes, Shaffner said.

said firefighters would keep water on any hot spots through Sunday night, but it would likely be a couple days before investigators could get in to collect evidence on what could have started the blaze.

As of Sunday afternoon, Shaffner was not sure when evacuated residents could move back in to their

There were no injuries, and Halifax police kept the area free of traffic for the



"There was burning pieces of stuff going up into the air; our backyard has ash all over it.... The good thing is that it happened on a Sunday so there was no one here."

Stuart Hiseler, who lived on nearby Creighton Street

estivities Saturday for Gotting

BRAEDON CLARK/FOR METRO

Gottingen 250 fest offers a little bit of everything Decades after her parents' store closed, Louise Abraham was back on Gottingen Street over

the weekend. Abraham was one of hundreds of people who showed up for the Gottingen 250 festival, celebrating the area's 250th an-

Abraham's parents ran a confectionery on Gottingen for many years, and she was happy

"This area means a lot to me, it's why I came out," Abraham, now 91, said on Saturday.

The festivities Saturday and

Sunday were the highlight of Gottingen 250.

Organized by the North End Business Association, the festival celebrated the 250th anniversary of the naming of the Gottingen area.

Events began on Tuesday and ran through Sunday.

In 1764, German settlers in Halifax's north end petitioned the government to name the area in honour of George II, the British monarch at the time who was of German ancestry through the Gottingen line.

Saturday's lineup featured

North-end smoke

Gottingen 250 festivities like a multi-church service, live music and pulled pork cookout continued Sunday despite a large structure fire off Gottingen beside the Staples building which burned all day, creating lots of smoke around the north end.

an open-air market with plenty of food and entertainment on two stages, including several

different types of dance and

Many businesses and charitable groups also set up tables along Maitland Street, which was closed to traffic.

One of those groups was the North End Community Health Centre, which was running a yard sale to raise funds.

"We want outsiders to be aware of what we do," said Sandra Parker of the Health Centre. We also want people to know that there are lots of positive things going on in this com-

For an area that is often defined by bad news rather than good, organizations like Hope Blooms can make a difference. The north end group that became famous after its appearance on Dragons' Den runs a community garden in the area and produces popular salad dressings.

"We are just trying to bring out the best in our community," said Craig Cain of Hope Blooms.

"It's all about having fun today," he added.

BRAEDON CLARK/FOR METRO



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metronews.ca Monday, September 15, 2014 metr⊕

Mayor welcomes int'l students

Reception. Sixteen per cent of entire student population now come from abroad

BRAEDON CLARK

Yemen, South Sudan, Spain, Germany, Dominican Repub-

Those were just a few of the countries represented by international students at a reception for them on Saturday. Hosted by Mayor Mike Savage at the Canadian Museum of Immigration at Pier 21, the reception was the first of its kind and featured hundreds of students from every corner of the globe.

With seven universities and three community college campuses, Halifax is awash in students at this time of year, and more of those students than ever before are coming from outside of Canada.

The number of international students at post-secondary institutions in Halifax has more than doubled over the past decade, with foreign students now representing 16 per cent of the entire student

After a musical display of bagpipes and drums, Savage took the stage and unveiled a Dalhousie sweater (he is an alumnus) to a mix of cheers and jeers from the crowd. He spoke about the importance of international students and how he hoped many would stay in Halifax after gradua-

"We need folks like you to love Halifax and to make your future here," Savage said against a backdrop that read "Welcome to Halifax."

Among those listening to the mayor was Will Leina, a first year student at Saint Mary's who is from South Sudan. Leina heard about Saint Mary's through friends and is hoping to study law in Canada.

I'd never been here before, but the people have been very welcoming and friendly so far," Leina said.



Carrying on his message of hope

Participants in the annual Terry Fox run warm up prior to an event in Halifax on Sunday at Point Pleasant Park. The local event raised over \$14,000 for cancer research, IEEE HARPER/METRO

Cycling infrastructure

Province gives funding for protected bike lanes at Dalhousie

Cyclists in Halifax could soon be riding a little safer, as the provincial government announced \$150,000 in funding for protected bike lanes near Dalhousie University.

Energy Minister Andrew Younger made the announcement on Friday. The protected lanes will be on University Avenue

between Robie Street and LeMarchant Street and will differ from regular bike lanes in that there will be some sort of barrier — such as posts or large flower planters — between vehicles and cyclists.

The project is part of Dalhousie's Campus Master

Plan and Institutional Cycling Plan to create the first on-street, protected bike

Provincial funding for the project runs until the end of March 2015. The project's completion requires Halifax regional council approval. metro

Share the Road Whether you are a cyclist, a motorist or a pedestrian public safety is riding with you! Learn more at halifax.ca/cycling. HALIFAX

Cops find car of man missing after child-porn charges

The car of a missing Nova Scotia man who hasn't been seen since being charged with child pornography offences has been found.

Shelburne County RCMP said on Saturday they located the red, four-door, 2010 Hyundai Elantra belonging to Charles Cecil Slate who has been missing since Sept. 9.

Police say they received a call indicating Slate's vehicle had been located near the Lake John Road, about three kilometres from Highway 103 at the Lockeport exit.

Police said a search for Slate

began Saturday evening, with help from a caunit nine and Barrington Ground Search and Rescue. The search con-

tinued for him on Sunday.

Slate, 44, of East Green Harbour, was arrested Tuesday morning by the provincial RCMP Internet Child Exploitation (ICE) Unit for child pornography offences. Slate has



Charles Cecil Slate CONTRIBUT

secured WiFi networks in the Shelburne area to obtain child pornography via file sharing Slate hasn't been seen since

Police allege Slate used un-

Tuesday around 5:25 p.m. when he left police headquarters and his family is "very concerned about his current state of mind," a RCMP release states. SHELBURNE COAST GUARD

Dartmouth

Police seek driver in hit-and-run of cvclist

A hit-and-run incident in Dartmouth on Friday night that sent a cyclist to hospital has police in Halifax on the hunt for the vehicle and the driver involved.

At approximately 6:30 p.m., a 40-year-old cyclist was hit by a vehicle at the intersection of Caledonia

Road and Main Street in Dartmouth.

The cyclist was hit from behind and landed on the hood of the car, causing an assortment of minor injuries, a police release states.

The car is described as a late 1990s beige Toyota

The driver has been described as a black male with short black hair. There was also a passenger in the car at the time.

Apartment search

21-year-old faces child pornography charges

A 21-year-old Halifax man is facing charges of possessing child pornography after police searched an apartment on Brunswick Street early Friday.

Colin Bernard Doucette was arrested at the scene and is scheduled to appear in court on Oct. 23. METRO



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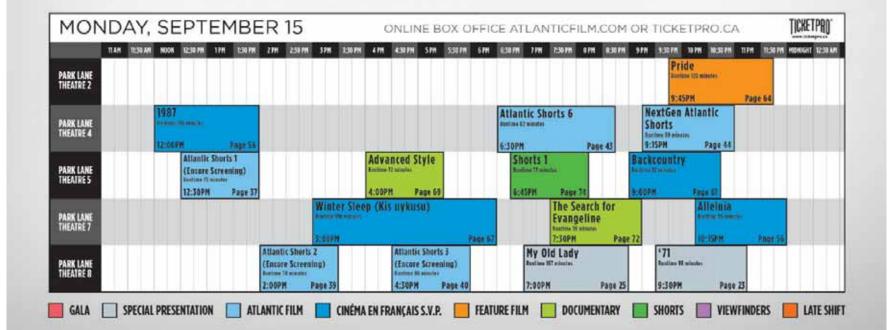


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Chester. Halifax woman arrested for driving drunk in school zone: RCMP

Nova Scotia RCMP have arrested a woman for impaired driving after she was seen speeding through a school zone last week.

At about 2 p.m. on Wednesday, police stopped a female motorist who was speeding by elementary and middle schools in Chester while students were being dismissed for the day. After being pulled over, police say it became clear

to police that the driver was drunk.

The driver, a 58-year-old woman from Halifax, allegedly registered a blood alcohol level more than two-and-a-half times the legal limit after taking a Breathalyzer test.

The woman will appear in court in Bridgewater on Nov. 12 for charges of impaired driving and driving over the legal limit. METRO

Hell's Angels ties

New motorcycle club believed to be in Kings County

Authorities say there is a new chapter of the Gate Keepers motorcycle club in Kings County. Kings County News was told by RCMP that the new club is the fourth of its kind in the province. They are understood to have direct ties to the Hell's Angels. KING'S COUNTY REGISTER

Complaint

Police seize replica rifle in Bayers Lake

Halifax police executed a high risk takedown Thursday night and arrested three people after a weapons complaint from Bayers Lake Industrial Park. Police received a complaint at about 7 p.m. that someone had been seen with a long barrelled weapon wrapped in a jacket. Police say it was a replica C8 rifle. METRO

'I'd call that a success'

Cape Fest 2014.

Aerosmith rocks out show in Sydney, draws crowd of about 16,000

Alex Martin will never forget what he saw when legendary rock and roll band Aerosmith took to the stage on Friday night for the first time.

Work crews were on scene early Saturday morning to tear down the stage and everything else associated with Friday's Cape Fest 2014 concert. Crews were expected to continue to work on the project through Sunday.

While everyone's gaze was fixed on the stage for the headlining act for Cape Fest 2014, he was looking the other way.

Next year

"I can't say 100 per cent that there will be a Cape Fest 2015, but it is looking pretty good."

Promoter Alex Martin



"The best part for me was seeing the crowd when Aerosmith came on the stage, seeing that field full of heads and everybody happy and looking like they had a great time, said the concert promoter and co-owner of Martin Entertainment.

"For me that was the biggest moment. The reaction from the crowd when they came up on stage, that was pretty cool."

He said all stress he felt over the past number of months associated with planning such a massive show melted away when he saw that reaction.

Martin's team was still tallying just how many people were in the crowd when Aerosmith took the stage but Saturday estimates were somewhere between 15,000 and 16,000.

"I'd call that a success," he said. "I think it went well. I'm seeing positive reviews and so I'm happy about that because that's a great sign."

Though he wasn't ready to make a full commitment to another show of this size, Martin said he'd love to do it again next year. CAPE BRETON POST

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NEWS

09

Global powers plan fight against ISIS

Promises of airstrikes but no ground troops.

Nearly 40 countries agree to help combat the Islamic State of Iraq and al-Sham

Newly outraged by the beheading of yet another Western hostage, diplomats from around the world are in Paris pressing for a coherent global strategy to combat extremists from the Islamic State of Iraq and al-Sham (ISIS) — minus two of the main players and without any ground troops — in a conflict that threatens to spill beyond the Mideast.

U.S. Secretary of State John Kerry has been pressuring allies ahead of a conference Monday to show a united front, especially from majority-Muslim nations, saying nearly 40 countries agreed to contribute to a worldwide fight to defeat the

Quoted

"They are not Muslims, they are monsters."

U.K. Prime Minister David Cameron, on the killing of David Haines, a British aid worker held hostage by militants. Haines was the third Westerner to be killed by the extremists, after two American journalists.

militants before they gain more territory in Iraq and Syria.

The White House said Sunday it would find allies willing to send combat forces — something the United States has ruled out — but that it was too early to identify them. The U.S. has so far been alone in carrying out airstrikes.

Several Arab countries offered to conduct airstrikes against ISIS, according to a State Department official travelling with Kerry who briefed reporters on condition of anonymity to discuss diplomat developments during his trip.

A second official gave some examples of what the U.S.

would consider a military contribution: providing arms, any kind of training activity and airstrikes.

Muslim-majority countries are considered vital to any operation, although previously there have been only vague offers of help. Iran was struck off the invitation list, and Western officials have made clear they consider Syria's government part of the problem.

"Ultimately, this is a fight within Islam, within Sunni Islam," White House chief of staff Denis McDonough told Fox News on Sunday.

THE ASSOCIATED PRESS

Black market earnings

\$3M

ISIS is a magnet for Muslim extremists from all over the world and rakes in more than \$3 million a day from oil smuggling, human trafficking, theft and extortion, according to U.S. intelligence officials and private experts.



Gaza children return to school 2 weeks late

Palestinian school boys drink iced juice Sunday as they sit on the damaged wall of a school in Gaza City's Shijaiyah neighborhood. Some half-million Gaza children made a delayed return to school on Sunday after a devastating 50-day war with Israel that killed more than 2,100 Palestinians and damaged hundreds of school buildings. KHALLL HAWRA/THE ASSOCIATED PRESS



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Absent Ford brothers still a strong presence at Toronto mayoral debate

Elephants in the room.

Candidates trade barbs about political family as current mayor remains in hospital with tumour

Rob Ford may be out of the Toronto mayoralty race and his brother Doug not beginning his campaign until Monday, but both Ford brothers were front and centre at a feisty debate Sunday in Toronto.

Doug Ford — who has announced he will replace his brother Rob in the campaign because of his brother's diagnosis of a tumour in his abdomen — was at his brother's bedside on Sunday and not in attendance at the debate.

Nevertheless, the Fords were very present (the elephants in the room, so to speak) as the debate got underway.

Ahead from bed

Though Rob Ford is in the hospital, a new poll shows he already has a healthy lead in the race for the Ward 2 seat.

Some 59 per cent of those polled Saturday in Etobicoke North said they intend to vote for Ford on Oct. 27, well ahead of the main challenger, Andray Domise, with 26 per cent.

They were the target of many of the barbs and criticisms from other candidates.

Both Olivia Chow and John Tory took jabs at the Ford brothers and each other as they debated their vision for Toronto. The third candidate, Ari Goldkind, who used the opportunity to convince voters he was a viable alternative for mayor, also deftly parried a zinger or two about the Fords.



Doug Ford waits for family members to join him on Friday, before speaking to the media outside his mother's home in the west end of Toronto, CRRIS YOUNG (THE CANADIAN PRESS

Chow slammed both the Fords at the very beginning of the debate. "We have four years of the Ford brothers doing a lot of damage in this city," she told the 500-plus

crowd. Tory didn't hold back either, saying the cutbacks in the Ford era were one of the reasons for the decrease in funding for the urban treeplanting program in the city. Despite different platforms and campaign strategies, all three candidates were united in one idea — to begin a new era of politics at city hall.

TORSTAR NEWS SERVICE

What's his platform?

Doug Ford to Toronto: 'Stay tuned'

As Rob Ford was holed up in a hospital room awaiting a diagnosis on his tumour, his brother was promising to unleash a campaign that will aim to unseat the family's opponents.

Doug Ford told reporters assembled outside Mount Sinai Hospital that they should "stay tuned" for his campaign platform, to be announced Monday.

The platform's content is a mystery to Torontonians, who have been swept up in the family's chaos since the beginning of the week. TORSTAR NEWS SERVICE

Doctor dies of Ebola in Sierra Leone after evacuation request rejected

Sierra Leone has lost a fourth doctor to Ebola after a failed effort to transfer her abroad for medical treatment, a government official said Sunday, in a huge setback to the impoverished country that is battling the disease amid a shortage of health-care workers.

Dr. Olivet Buck died late Saturday, hours after the World Health Organization said it could not help evacuate her to Germany, Chief Medical Officer Dr. Brima Kargbo confirmed.

Sierra Leone had requested funds from WHO to transport Buck to Europe, saying the country could not afford to lose another doctor.

WHO had said that it could not meet the request but instead would work to give Buck "the best care possible" in Sierra Leone, including possible access to experimental drugs.

Ebola is spread through direct contact with the bodily fluids of sick patients, making doctors and nurses especially vulnerable to contracting the virus that has no vaccine or approved treatment.

More than 300 health workers have become in-



Provided by Dr. Dan Lucey of the Georgetown University Medical Center, this photo shows a session he supervised to train local health workers in Sierra Leone in how to properly put on and take off equipment to protect against the Ebola virus. Sierra Leone has lost a fourth doctor to Ebola after a failed effort to transfer her abroad for treatment, a government official said Sunday, DAN LUCEYTHE ASSOCIATED PRESS

fected with Ebola in Guinea, Liberia and Sierra Leone. Nearly half of them have died, according to WHO.

The infections have exacerbated shortages of doctors and nurses in West African countries that were already low on skilled health personnel.

So far, only foreign health

and aid workers have been evacuated abroad from Sierra Leone and Liberia for treatment.

Dr. Sheik Humarr Khan, Sierra Leone's top Ebola doctor, was being considered for evacuation to a European country when he died of the disease in late July.

THE ASSOCIATED PRESS



Mounties honour their fallen heroes

RCMP Commissioner Bob Paulson is presented a wreath during the annual RCMP Memorial Service to honour officers who have died in the line of duty. The ceremony took place Sunday at the Cenotaph at the RCMP Academy, Depot Division in Regina. LIAM RICHARDS/THE CANADIAN PRESS

Transparency

Routine info caught up in PM Harper's dragnet of secrecy

Sexual dysfunction in the Canadian military is such a sensitive topic for the Harper government that federal officials have stamped all information related to it as a cabinet secret, something not to be revealed to the public.

And there are other subjects the federal Conservatives don't want to talk about: Why their planned \$2-billion purchase of armoured vehicles was cancelled. Or how Canada feels about the proliferation of chemical weapons. Or what Transport Canada thought

about rail safety criticism from the auditor general.

Those are just a few subjects on a growing list of seemingly routine reports, memos and documents caught up in an enhanced dragnet of so-called cabinet confidences — imposed by way of a stealthy Treasury Board directive in the summer of 2013. THE CANADIAN PRESS

metronews.ca Monday, September 15, 2014

What's in store for Alibaba after IPO?



HOW TO ROLL Alison Griffiths metronews.ca

It'll likely take only seconds for investors to fork out a whopping \$32 billion US on shares of Alibaba when the Chinese e-commerce gorilla becomes a public company on Friday.

That amount includes some 368 million shares that will be issued with Alibaba's gargantuan, record-setting initial public offering (IPO), plus the nearly 122 million shares that Yahoo Inc. will be selling. Yahoo currently owns 23 per cent of the company.

Founder Jack Ma will be unloading stock, too, though the amount hasn't been established.

If you are hoping to scoop up some shares at the estimated IPO price of \$60 to \$66, you can forget it. Rumour has it that the entire IPO has been spoken for or "taken up," as they say on the Street. Though you might have a shot at the stock Yahoo and Ma are selling.

Wall Street is positively quivering over expectations of a "pop" or stock surge. The business of The Pop is a stock market sideshow, as investors (read mega-financial firms, in-

stitutional investors, etc.) stand to gain billions in the blink of an eye.

Of course, it could go the other way. Remember Face-book's face-plant in 2012? The IPO debuted at \$38 and quickly dropped by half. Still, the patient money is laughing, as Face-book now trades at nearly \$80.

Call me a skeptic, but the numbers are a worry. For example, Bloomberg.com notes that Alibaba's operating income shot up 42 per cent in the second quarter of 2014, more than that of eBay and Amazon combined.

Net income has tripled and profit margins are 54 per cent. Putting the latter in perspective, margins at eBay are nearly 27 per cent while Amazon's are less than six per cent.

The skeptical can't help wondering if any company, even one located in the massively expanding Asian market, could actually grow that quickly.

Ma soothed many last week when he noted Alibaba is being listed in New York rather than Hong Kong, because of the far more rigorous U.S. regulations.

That makes me feel better. Wait a minute! What about that little financial collapse on Wall Street in 2008? So much for regulations.

Tomato/tomato: Protest or party?

Hundreds of young Dutch men and women turned Amsterdam's central Dam square into a blizzard of red goop on Sunday, as they pelted each other mercilessly with overripe tomatoes. In theory, the event was set up as a protest against Russian sanctions blocking imports of European fresh produce. In practice, most participants turned out to experience the joy of smacking someone with tomato pulp at close range. THE ASSOCIATED PRESS

Electrifying idea

City gets 100% of electricity from renewable sources

Vermont's largest city has a new success to add to its list of socially conscious achievements: 100 per cent of its electricity comes from renewable sources. The Burlington Electric Department crossed the threshold this month. THE ASSOCIATED PRESS

Did LG do damage?

Samsung execs in a lather over alleged vandalism by rival

Samsung Electronics Co. has accused senior executives of domestic rival LG Electronics Inc. of intentionally vandalizing its washing machines at retail stores in Germany and has asked for an official investigation. In a statement Sunday, Samsung said it had asked the Seoul Central District Prosecutors' Office to investigate executives from a Korean company who were seen as damaging its washing machines displayed at shopping malls in Berlin. A Samsung spokesman confirmed

that the Korean company referred to was LG. LG Electronics denied Samsung's claim.

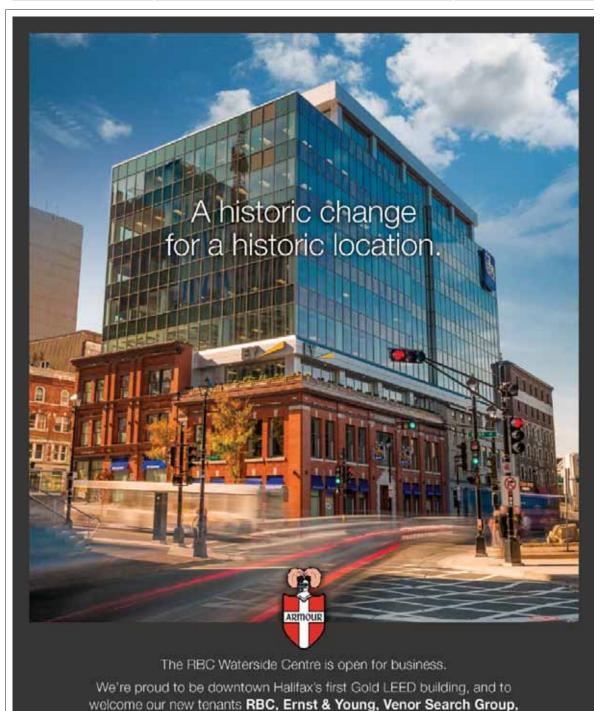
THE ASSOCIATED PRESS

New food magazine

Ricardo cooks up English version of his food mag

After publishing a food magazine for 13 years in French, Ricardo Larrivée (who writes a food column for Metro News) has launched an English version of the food-dedicated magazine.

THE CANADIAN PRESS



Tory's LLP, and Optimum Talent.

FOR LEASING INFORMATION, PLEASE CONTACT: 902.422.4424

metr⊕ **VOICES** metronews.ca Monday, September 15, 2014

ONLY THING TRANSFERRED IS MORE OF THE SAME

In 2013, Metro Transit began a series of public consultations to figure out how our public transportation system should look five years from now.

The company was seeking answers to four basic questions:
• Should the system focus on routes pro-

viding the biggest passenger bang for the buck, or offer service to as many local neighbourhoods as possible?

• Should it focus on improving routes it already serves, or develop new ones?

• Should it push forward with bus lanes and other policies to put public transit first?

• And should it emphasize a single, onebum-one-seat-one-route for the entire trip, or develop a new, transfer-based network to get people around?

Let's stick with that last question, which is the first one that has gotten a clear response from Halifax Transit (the



Stephen Kimber halifax@metronews.ca

newly rebranded Metro Transit).

During last fall's consultations, the public in the words of Halifax Transit itself — "expressed strong support for a transfer-based transit system." Which is to say, the public favours constructing a route map delivering suburban and rural commuters close to the city so they could then transfer to other, more frequent, buses to take them efficiently to their final destinations.

But last week, Halifax Transit quietly, and without any additional consultation, backed away from the idea.

"Following conceptual testing of a transferbased system here in Halifax," a statement on the company's website says, it concluded an en-

> Late, great singer commemorated in

bronze in London

Late singer Amy Winehouse has

been honoured on what would

Winehouse's many fans will

have no problem recognizing

Winehouse's father Mitch

Winehouse said Sunday it was

"incredibly emotional" to see

ago after battling drug and

Her family has set up a

problems. THE ASSOCIATED PRESS

foundation to help young people struggling with similar

Winehouse died three years

the singer, who is portrayed sporting her distinctive beehive

have been her 31st birthday,

with a life-size statue in her

beloved Camden Town neighbourhood of north

London.

hairdo.

the statue.

tirely transfer-based network would "not be ideal based on existing travel patterns, the way our streets are laid out and the system's resource capacity.'

That may turn out to be true. But the lack of further pub-

Actually, we changed our minds

Last week, Halifax Transit quietly, and without any additional consultation, backed away from the idea.

lic consultation and the offhanded, report-to-council, nonway in which the news was not delivered to the public, who had taken the time to consult, does not speak well to Halifax Transit's commitment to the process, nor to its rebranding promise to "be bold."

Halifax Transit's 300 buses and four ferries carry more than 100,000 passengers every day, but the cost of providing those services has tripled in the last decade, while the percentage of the cost covered by passenger fares has dropped from 70 per cent to 40.

We need more people taking public transit. But to accomplish that, we clearly need something more than more of the same from Metro ... er, Halifax Transit.

MetroTube

This is what we waited for





Musician Andrew Huang is saying hello to his German friends, by rolling out a red-balloon-fuelled cover version of 99 **Red Balloons by their** countrywoman, Nena. The whole thing is a way to promote his tour of Germany, which he's following up with a few stops in **England. That means** we can look forward to We Will Rock



You, played on stones - or Parklife, played spliced together from Hyde Park ranting. (Andrew Huang/YouTube)

Re: Vancouver feminists up in arms over Naked Sushi, published Sept. 10,

2014 (Naked sushi) is as perhaps as 'ancient' as the Honda civic, but newer than Astroboy. I have never found someone able to prove that the practice existed before the 1980s economic bubble in Japan, where it seems to have spread from Yakuza circles to some male-only executive night outs. Even the 'proof' that it existed in the early 1980s is based on the memory of a single reporter on Yakuza events, who recalled more than a decade later that he had once seen it done then. Before that, I can find no trace of the practice in painting, literature, history, journalism or any other source. So, enjoy your modern Japanese gastrofetish. Just stop trying to give it pastiche of 'ancient', unless by 'ancient', you mean like Duran Duran. Davi, posted to metronews.ca

Honouring Amy Winehouse



new statue of the late singer Amy Winehouse was unveiled Sunday in Camd ngland. Three years after her death, the event coincided with what would ha

Quoted

alcohol abuse.

"It is like stopping her in a beautiful moment in time.... We really hope Amy's fans love the statue.

Mitch Winehouse

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 13 in Scene and page 25 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner. 2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!

3. Voilà! You should see the AR in action.











Pop's new princess still a Lorde at heart

No royal blood. New Zealand teenager talks about her success, her creative impulses and the nature of celebrity

PAT HEALY

Within the past 12 months, Ella Yelich-O'Connor has watched her debut single reach No. 1 and her debut album go platinum in the United States and New Zealand.

She has also sung a Nirvana song with surviving members of the band and watched Bruce Springsteen cover her biggest bit

But despite this meteoric rise in popularity, the 17-year-old who calls herself Lorde promises she hasn't caved into the indulgences she criticized in Royals, the song that first put her on the map at this time last year. At least not all of them

What's the most hypocritical thing you've done with your fame? The first line in Royals is, "I've never seen a diamond in the flesh," but surely you have by now.

Well I have, because my mom got engaged to my dad, so I've seen one of those now.

That's a real thing! She had never had a diamond ring before, so that line was for real!

But to be honest, I try to live as normally and simply as I can, because it's still kind of weird to me all the extravaIf you haven't heard Springsteen cover Royals yet, scan this photousing your Metro News app to see a video of his performance.

gance you see in this business. I don't really buy anything.

I don't really buy anything. I still think \$100 is a lot of money, because it is a lot of money.

It seems kind of crazy to just change your standards

and your minimums and maximums just because you have more of stuff

Do you ever have time to sleep in this new bed? Yeah, I do. I've probably slept in it like 100 times.

So you haven't trashed a hotel room yet? No Grey Goose or trippin' in the bathroom? Not only do I not trash hotel rooms, but I actually try to clean them before I leave. Because I'm like, "Nobody should have to clean up my mess!" so I try to do it a little bit.

Out of all of the experiences you've been a part of in the past year, what stands out the most?

People always ask me that, and I often struggle to find something because when you are in these crazy situations every day, you just have to find a way to make them normal, because if you don't, you're just going to go insane.

But, to me, awards shows are always crazy, like just being at the VMAs.

That, to me, was very much like, "What am I doing here? How come I am allowed access to this room?"

There's a line in your more recent single, Tennis Court, where you say "Everything's cool when we're all in line for the throne, but I know it's not forever." Are you talking about fleeting fame there?

That line was more in reference to knowing that what I had with my friends and what we had in our hometown that felt like this kind of sanctuary to us wasn't going to last.

But it totally applies to fame as well.

Ebook

What If?

By. Randall Munroe

Kindle/iBooks/Kobo



MIND THE APP Kris Abel @RealKrisAbel

Using an imaginative wit and stick figure comics, website xkcd answers people's silly, hypothetical questions about love, gravity, fire tornadoes, and speed-of-light baseballs. It's intelligent, wisecracking science that, unlike most web distractions, actually makes for deep reading. Sure, most of it is online for free but, as a book, it's easier to gift, cherish and encourage Munroe to keep writing.

Married with Children

Bumbling Bud may get spinoff

Much of the Married... With Children cast moved on to big things after it went off the air in 1997. Ed O'Neill landed Modern Family, Katey Sagal got a big part in Sons of Anarchy, and Christina Applegate has had leading roles in the Anchorman movies. Poor David Faustino, who played the hapless Bud, virtually disappeared. But there's talk that Bud's character might get a spinoff show and Applegate has hinted something is indeed in the works. "We're going to do something with Dave maybe. I don't know if it will be in character," she told the E! network.

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Young Frankenstein. After 40 years, comedy classic remains popular



Young Frankenstein is pushing 40, but is by no means over the hill.

The film's writer-director Mel Brooks and actresses Cloris Leachman and Teri Garr gathered at the Academy of Motion Picture Arts and Sciences this week for a 40th-anniversary screening of their comedy classic

As they posed for photos, Brooks and Leachman flanked Garr, who was in a wheelchair. Garr has long battled multiple sclerosis and also suffered a brain aneurysm in 2006. Garr looked and sounded robust as she effortlessly traded barbs with Leachman and Brooks during a panel discussion.

As spirited as the event was, it also seemed a tad bittersweet for the 88-year-old Brooks, who was quick to mention cast members not in attendance.

"Well, you know, a lot of them have gone," he said in an interview. "Marty (Feldman), Madeline (Kahn), Peter Boyle is gone

Gene Wilder, the film's cowriter and star, couldn't attend the screening. He sent a note that was read to the sell-out crowd of 1,000 fans cramming the Academy's Samuel Goldwyn Theater — a clear sign of the movie's continued popularity. Produced for just under \$3 million, Young Frankenstein was released in December 1974 and went on to amass more than \$85 million at the domestic box office alone (\$372 million adjusted for inflation, according to the Box Office Mojo website).

The film, both an homage to and sendup of director James Whale's 1931 screen adaptation of author Mary Shelley's horror novel Frankenstein, also inspired a Broadway musical and has been one of the all-time bestsellers since the dawn of home video.

A 40th-anniversary Blu-ray edition was released Tuesday.

Brooks has logged seven decades of work as a professional entertainer, including the movie blockbuster Blazing Saddles and the Tony-winning musical The Producers. As for his legacy? Brooks says he's hoping to be "remembered as a short, handsome, terrific dancer, wonderful filmmaker."

THE ASSOCIATED PRESS

Living Dead director not a big zombie fan

George Romero. Film pioneer says very few modern horror movies are worth their salt

What scares George A. Romero, the director credited with creating the modern zombie horror genre with his landmark Night of the Living Dead?

Not much, but he's pretty clear that current horror movies aren't rattling him.

There are "very few horror films that I think are worth their salt," says Romero, who has directed several other Dead movies as well as Creepshow and the Stephen Kinginspired Monkey Shines, among others.

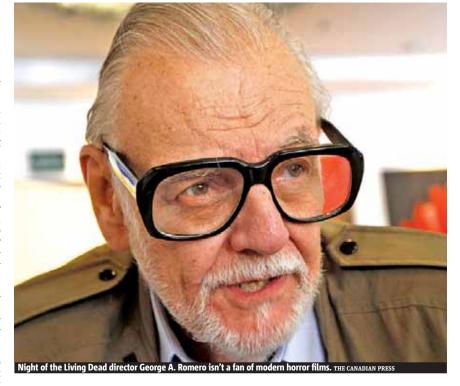
"Oddly, I'm not a big horror fan," he says. His favourite movie is, in fact, 1951's fantasy opera The Tales of Hoffmann.

"I like the oldies," he says.
"I find that the craftsmanship
... the amount of time that
they had to shoot them, it
just makes me drool."

Romero says he's never done a movie just for the sake of being horrifying. "The horror films that I've

"The horror films that I've made have been satirical in one way or another, or political, and I really think that's the purpose of horror. I don't see that happening very often."

Romero's Night of the Living Dead was shot for \$114,000 in black and white in 1968. Considered the father of the modern zombie



flick, its tale of people besieged by shambling, grunting reanimated corpses is now considered a landmark film. It's been endlessly examined for its social and political messages.

It is even in the permanent collection of New York's Museum of Modern Art, where it was screened in May with the warning, "Attendees are reminded: NO BITING IN THE AUDIENCE."

Romero will be a guest of honour at this weekend's

Montreal Comiccon, kicking off his appearance with a screening of Night of the Living Dead on Friday.

Fans won't just be saluting his cinematic legacy. He's also in the midst of writing Empire of the Dead, a 15-issue comic book series for Marvel.

The filmmaker, who points out he never called his monsters zombies, laments the trend to big-budget special effects-driven movies about the undead.

He is not a fan of such

flicks as World War Z, which depicts a more nimble version of the creatures.

He also declined a chance to direct an episode of the TV drama The Walking Dead, calling it a "soap opera."

Romero believes Night of the Living Dead has endured because it has a solid story.

"And it's not about the zombies," he explains.

"The zombies could be anything. They could be any disaster."

THE CANADIAN PRESS

THE AND YOU COULD TO BE THE POU COULD TO BE THE POUR COULD TO BE THE

FOR BACK TO SCHOOL

Yes, Richards did write a children's book

Gus & Me. The wild man of the Rolling Stones has written a touching kid's book about his granddad

There's one person who knew Keith Richards would become Keith Richards: his grandfather.

The Rolling Stone said Augustus Theodore Dupree introduced him to the guitar and taught him about music as a child growing up in England.

"I think in a way he sort of had plans for me I wasn't aware of," Richards said. "He turned me on to the guitar and he did it in a subtle way."

The rock icon details his relationship with his grandfather in Gus & Me, his children's book released last Tuesday.

"He was a saxophone player. He got gassed in the First World War and he couldn't blow anymore, so he went to fiddle. He was playing way into his 60s — so am I," 70-year-old Richards said, laughing.



Richards has four children and five grandchildren. His daughter Theodora Dupree Richards — named after Gus — worked on the illustration for the book.

In a recent interview he chatted about his book.

Why did you decide to write this book?

My publishers first came up with this idea. They said, "There's certain chapters about your grandfather that could make a great children's book." Children's book? This is not

my line (laughs) ... And just about that same time my eldest daughter ... she said, "Guess what?" And I know that look in a woman's eyes. "Don't tell me you're pregnant, which means fifth grandchild." ... I thought, "Hey, there's

something to be said for this" and I've always wanted to give my ol' grandfather Gus, bless him, a little more memorial than he's had.

Your 2010 memoir, Life, was a commercial and critical success. Was there pressure to match it with Gus & Me? The initial idea did come

from the publishers, so you know, "Maybe Keith can sell a few more books." That's their business after all. Nine times out of 10, I would have said forget about it. I'm not going there. But because of the circumstances and having another grandchild, everything was sort of falling into place. I said, "Damn it. Go for it"

Do you want to write more? I don't know. There's been

plenty of talk about doing volume two (to Life) because a lot of stuff got left out. I may save that for a little later ... I had no intention of doing Life, but they kept bugging me. THE ASSOCIATED PRESS

Gus & Me synopsis Gus & Me To Describe the Colorest Survey Survey The Colorest Survey Survey Survey Survey The Colorest Survey Survey Survey The Colorest Survey Survey Survey Survey The Colorest Survey Surv

Long before there was a band, there was a boy: a young Keith Richards, who was introduced to the joy of music through his beloved granddad, Theodore Augustus Dupree, affectionately known as "Gus," who was in a jazz big band and is the namesake of Keith's daughter, Theodora Dupree Richards. This unique autobiographical picture book honours the special bond between a grandfather and grandson and celebrates the artistic talents of the Richards family through the generations.

Diverse artists nominated for top British/Irish album

Mercury Prize. Blur's Damon Albarn among an eclectic group praised for their 'inventive passion'

Blur frontman Damon Albarn joined a diverse and obscure array of up-and-coming artists last week, as the Mercury Prize announced an eclectic shortlist for best British or Irish album.

Albarn was by far the most

recognizable name among the nominees for best album, with his debut solo work Everyday Robots, which marks a departure from his trademark Britpop sound and features more personal ruminations on technology and loneliness.

But the nominees for the award, which will be announced Oct. 30, were largely obscure artists, with indie rockers the Bombay Bicycle Club the only other big name.

Judge chair Simon Firth said the nominations show that it's "fascinating times"

for British music.

"What most impressed the judges was the inventive passion with which musicians explore music and emotional possibilities, refusing to be pinned down by rules or genre," Firth said.

Other nominees include Anna Calvi, known for her intensely charged guitar and soaring vocals; Polar Bear, a jazz band that experiments with electronic elements; and poet Kate Tempest, for a rap album linking each song to a chapter in her novel.

Albarn was involved in one of the biggest spats over the Mercury in 2001, when his lighthearted virtual cartoon band Gorillaz asked to be taken out of the nominations, saying the award would be like a "dead albatross" around their necks

He did not seem upset at the recognition of his solo work, with his Twitter and Facebook pages both making note of the nomination.

AFP





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metronews.ca Monday, September 15, 2014 metr⊕ 16 DISH

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ariana has a Grande list of off-limits interview topics



STARGAZING

Subjects not allowed when interviewing Ariana Grande include dating, ex-boyfriends, her work on Sam & Cat, her co-star on Sam & Cat, and working with Justin Bieber. I don't blame her and have no doubt her fans would rather hear what she has to say about the Dow Jones and cod.

Cara Delevingne gets a tattoo of the word "bacon" on her foot. Bit of a mix-up. It



was supposed to say "grumpy model" but the tattoo artist is a bad speller.

Kim Kardashian says that both Pharrell and Anna Wintour encouraged her and Kanye West to name their daughter North. That explains why Pharrell and Anna Wintour knowingly

wink at each other each time

they meet. When Prince Harry turns 30, he and Prince William will inherit their mother's wedding dress. That's not slightly creepy at all and here are some ideas for what to do with it: 1) Make 200 placemats. 2) Donate the fabric to a struggling parachute factory. 3) Put it in the attic, never open the box and walk around it without admitting you're walking around it every time you're fetching something else.

Charlie Hunnam explains that the pressure of having signed on to Fifty Shades of Grey gave him a nervous breakdown. On a tangentially related subject, if I see one more person reading that book in public, I will scream and gesticulate until they stop.



Kanye West shows us he's a real stand up guy

Maybe we can blame this one on the migraine, too. Kanye West is drawing ire for halting a performance in Sydney when his demand that every single person in the arena get on their feet wasn't met due to two unco-operative fans. "I can't do this show until everybody stand up, West told the crowd. "Unless you got a handicap pass and you get special parking and s—." Yeah, about that. West apparently spotted two audience members who were still seated, and when he

singled them out, one waved her prosthetic limb at him, prompting an appropriate response from West of, "OK, you fine." He then turned his attention to the second one despite others trying to signal that the fan was actually wheelchair-bound and not just recalcitrant. According to the Daily Mail Australia, West would not continue with the show until he had staff confirm the nonstanding offender was indeed in a wheelchair. He's nothing if not thorough.





Models be like, "But my messy hair's high fashion



@JuddApatow

My eyebrows are going bald. Do people put rogaine on their faces. Can't I transfer some back hair to above my eyes?



@WhitneyCummings

When you unfollow someone on twitter their phone should make a fart noise

Darryl Hannáh, Neil Young making sweet love music



Well ... OK! In the surprising but not actually that surprising when you think about it department, Darryl Hannah and Neil Young are reportedly an item — just a little over a month after Young split from his wife of 36 years. "They've been dating for months. They've taken no effort to even hide it," a source tells People magazine. "They've appeared at many, many protest rallies together over the past year. The fans have known about this for months." Dear lord, if that isn't the most hipster anonymous source quote in history. What, you only just heard about Darryl Hannah and Neil Young now? Loser. Anyway, Young even reportedly took regular Skype notes from Hannah on his recently recorded album and told others in the studio that she is his girlfriend. Because nothing says blossoming romance like a face on a laptop screen critiquing your guitar solos.





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What's your future plan? Cut costs now to set money aside for a comfortable retirement



GAIL VAZ-OXLADE Gail blogs daily at gailvazoxlade.com

Imagine you've retired. There. You're done working. Now you have all the time in the world to do all the things you've always wanted to do. You can sleep in late. You can have lunch on the deck, take a stroll to the park, volunteer at your local school or hospital. There's time to knit, time to garden, time to putter around in the workshop or craft-room.

It's nice to paint pictures of what life will be like when we get to the stage where we can do what we want when we want. No more boss. No more nine to five. No more paycheque.

Yeah, that's a fly in the ointment isn't it? It will be if you haven't given any thought to how you'll pay for life when the paycheques stop showing

One of the biggest challenges for the young-and-just-getting-started is finding the balance between setting money aside for the future and all the other stuff competing for attention. The student loan has to be paid off, there's a wedding to plan, and a down payment is a priority. Besides, retirement is decades away.

Dollars and per cents

You do have time. Unfortu-



nately, the longer you take to start saving, the more you'll have to sock away. Start in your twenties and you can save as little as six per cent of your income. Wait until you're in your thirties and you'll have to jack it up to 10 per cent. Delay until you're in your forties and you'll need to squeeze 18 per cent out of cash flow to save enough to retire.

Ways to cut costs

Finding ways to cut costs so you have the money to save is as easy as increasing your insurance deductibles. Would you really make a claim on your car insurance for under \$2,000? Do you know what that would do to your pre-

miums? Same goes for similar claims on home insurance. Combine your home and auto insurance and save up to 15 per cent. Raise your car insurance deductible to \$2,000 and watch your premium drop. Stick the difference into your emergency fund until you've saved your deductible. Once that's done, send the extra money to your retirement savings.

Small changes can add up to big savings

Small changes can mean huge savings over the long term. Switch to an accelerated weekly or bi-weekly payments on your mortgage. You'll make the equivalent of one extra

monthly payment every year, which could save you four years' worth of interest. And since that extra payment is spread over the whole year, your cash flow never feels pinched.

If you have kids, don't ignore the free money. When you put money into a Registered Education Savings Plan, the government gives you money to help with your child's education. If you put \$2,500 in the plan for little Susie, the feds will add \$500. That's an immediate 20 per cent return. Hey, the less you have to fund Susie's education from your own pocket, the more you can sock away for your own future.

Use your RSP tax savings smartly. Pay down your mortgage; the objective should be to get to retirement debt free. Boost your next RRSP contribution so you save even more on taxes. Or use your savings to max out your Tax Free Savings Account.

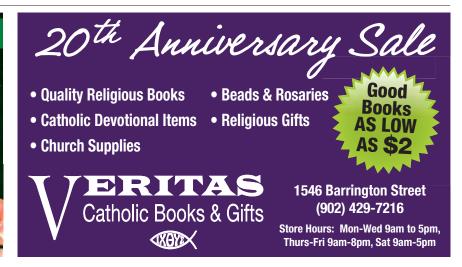
Get thrifty

Find 10 bucks here and 20 there to sock away each Think about extending the time between when you do routine things: Get your hair coloured/cut/relaxed every six weeks instead of every four, cut back on your lawn maintenance/home cleaning service from once a week to once every two. And then there are the frivolities you'll want to eliminate completely: Borrow your books and magazines at the library instead of buying them, borrow DVDs from friends and family, and learn to shop in the thrift stores.

The closer you get to boarding the retirement train, the more prepared you need to be to deal with the changes. Perhaps the best way to save for the future is to practise living as if you're already retired. What better way to see how the retirement shoe fits than to try it on? Figure out how much income you will have and use that to calculate what you'll spend for expenses like food, entertainment, utilities, clothes, gifts, cable/cell, and travel. Use the money you're no longer spending as a last big push to boost your savings for the future.

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18 MONEY 101

metronews.ca
Monday, September 15, 2014

Money 101. Two couples, one year to make them richer

Heading toward the savings finish line



In January, two Canadian couples took on the challenge to make over their finances and, together, they have improved their net worth by nearly \$75,000. I have coached each couple about homebuying, debt reduction, living a frugal life and making savvy investment choices. These Metro Money Couples have three months left to achieve their 2014 goals.

Watch their progress as they head toward the finish line. – Lesley-Anne Scorgie



Anne-Marie and Peter

Since January, Anne-Marie and Peter have improved their net worth by more than \$44,000 thanks to major efforts towards debt reduction and a strong investment performance.

As the couple has become more financially confident, the desire to own a home has been growing stronger. Ideally, the couple would like to purchase a newer two-bedroom, two-bathroom condo or townhome priced less than \$500,000 in the same Toronto neighbourhood in which they currently rent. This will require them to pull together a down payment of at least five to 10 per cent of the value of the home. For a \$500,000 home, that equates to \$25,000 to \$50,000.

Anne-Marie and Peter plan to use the RRSP Homebuyer's Plan for part of the down payment. This program allows eligible first-time homebuyers to borrow up to \$20,000 from their individual RRSPs for the down payment. But Anne-Marie and Peter only have \$11,400 combined in their RRSPs and will likely need to borrow money from family for the remaining portion. As part of this month's homework, the couple will begin developing a plan to build up their down payment as quickly as possible.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings,

and are committed to paying off debt

- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: \$110,000
- Homework from last month: Meet with a licensed life insurance broker and investment adviser

This month Anne-Marie and Peter began the process of interviewing investment and insurance advisers. In order to find the right adviser, the pair is working through a basic checklist:

- Get referrals from trusted sources;
- Interview at least two to three advisers;
- Inquire about how each adviser plans to manage the investment portfolio and insurance needs;
- Determine the fees and associated level of service;
- Listen to their gut instinct. If the adviser is attentive and has a good track record of success, it's an excellent sign.

Anne-Marie and Peter have also gotten creative about improving their incomes.

Peter works in publishing and is hoping to publish some of his personal literary work in exchange for a publishing advance and royalty payments. Anne-Marie is also considering tutoring children in French once she finishes maternity leave.

Homeworl

Develop a plan to save a down payment and continue the hunt for an investment and insurance adviser.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Carolina and Jose

Through a home purchase, frugal living and debt repayment, Jose and Carolina have improved their net worth by nearly \$30,000 since January.

Hampering their financial excitement, new homeowners Jose and Carolina were victims of Calgary's recent snowstorm. Many tree branches fell on their roof, causing damage and killing their largest tree. Despite insurance coverage, the estimated cost to repair the damage could be upwards of \$1,000.

However, since adopting the two-third, one-third rule where the couple regularly applies two-thirds of their disposable income (money left over once all their bills have been paid) towards debt and one-third towards savings, they are in the fortunate position to handle the cost of the repairs.

To boost their cash flow this month, Jose will be selling his 15-year-old car for approximately \$1,500 and relying on his company vehicle for transportation. Again, using the two-third, one-third rule, the couple will apply the majority of the money towards their line of credit balance, which is their highest interest debt.

Jose and Carolina con-

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: \$62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium

 they have established
 budget, purchased a
 home, are very frugal, and

have no retirement sav-

- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: \$4,100
- Homework from last month: Establish RRSP accounts, review market salaries for Jose's profession, and negotiate compensation for past freelance work

tinue to explore opportunities to grow their incomes. Carolina has begun advertising her crafting creations through social media and landed her first two presales. She also plans to post online classified ads for piano lessons at \$35 per hour. Jose has armed himself with market data on competitive salaries for safety co-ordinator positions in Calgary, and plans to use this information in his upcoming salary review.

Jose is also working through a negotiation for compensation from a photography business of which he was a former partner. Sadly, Jose is learning a huge lesson through this process — without an executed contract that clearly defines roles, responsibilities and compensation, it's unlikely he will receive anywhere near the settlement for which he had been hoping.

Homework

Begin exploring more investment options.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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metr⊕ metronews.ca Monday, September 15, 2014

Not having the most peachy thoughts about fall? Stay in denial a little longer

Grilled Chicken and Peaches. Don't put the barbecue away yet



H FOOD



From your fridge to your table in 30 minutes or less

By the end of the summer, it may feel like you've exhausted cooking up plain old grilled chicken on the barbecue.

Liven up your poultry by trying this delicious peach glaze with ripe grilled peach halves.

Always be sure to cook chicken right through until the internal temperature reaches 165 F. I like to use an electronic temperature device, which

Peach Glaze
• 1 cup peach jam

- 1 1/2 tbsp olive oil
- 1 tbsp light soy sauce • 1 tsp Dijon mustard
- 1 tsp chopped garlic
- 1 tsp minced jalapeno
- Salt and pepper

For the Grill

- 6 boneless single chicken breasts
- 3 ripe peaches cut in half, pit removed
- Garnish • 1 tsp toasted sesame seeds



saves you from having to open and close your barbecue hood, keeping the temperature consistent.

It's best to start brushing the glaze over top when the chicken is close to finished cooking to prevent the meat from burning or catching fire.

When it comes to selecting peaches for grilling, I recommend freestone peaches rather than the clingstone, as they are easier to separate from the pit when slicing and are delicious when eaten on their own.

Directions

- 1. Combine all ingredients for glaze in small bowl. Divide in
- **2.** Brush chicken with half of the glaze.
- **3.** On barbecue, grill chicken breasts just until temperature reaches 165 F or no longer

Different coloured small toma-

pink inside, about 15-20 minutes, brushing continually with glaze near the end of the cook-

- **4.** During the last 5 minutes of grilling, place peach halves on barbecue and grill on both sides just until tender.
- **5.** Serve chicken with grilled peaches and remaining half of peach glaze. Garnish with toasted sesame seeds.

Nutritional information

Per serving:

- Calories. 430
- Carbohydrates. 42 g
- Fibre. 1 a
- Protein. 28.2 g
- Total fat. 5.5 g
- Saturated fat. 0.4 g
- Cholesterol. 68 mg
- Sodium, 77 ma

Weeknights at 6 Kat counts do the HOTTEST songs of the day

Meghan Tranor All About That Bass

This is How We Do

Heaven In Our Headlights

sie J. Ariana Grande and Nicki Mina Bang Bang



toes, either teardrop or grape, are perfect for an (almost) au-

- 6 slices baguette or loaf (1/2inch thickness)
- 1 cup teardrop tomatoes
- 1/3 cup softened goat cheese
- 2 tsp olive oil
- 1 tsp minced garlic Salt and pepper
- Garnish • Fresh basil, chopped

tumn bruschetta. They match well with the flavours of the olive oil, goat cheese and garlic. Serve them alongside a salad, soup or main course.

- 1. Preheat oven to 450 F.
- 2. Place baguette on baking tray sprayed with vegetable oil.
- 3. Bake for 8 10 minutes or just until browned.
- 4. Sauté tomatoes on high heat for 5 minutes or just until beginning to blister. Place in bowl



along with olive oil, garlic and salt and pepper.

5. Spread goat cheese over baguette slices

6. Divide tomato mixture over top and sprinkle with fresh

ROSE REISMAN

metronews.ca
Monday, September 15, 2014
LIFE 21

Got a great business idea? Just go for it

Richard Branson.

Entrepreneur shares his thoughts on leadership, selling yourself and what's wrong with modern corporate culture

LAKSHMI GANDHI

Metro in New York City

Sir Richard Branson has been an entrepreneur for most of his life, founding the nowfamous Virgin Group in 1972 at the age of 22. Since then, the company has expanded to encompass more than 400 companies and has made Branson himself a multibillionaire.

In his latest book, The Virgin Way: Everything I Know About Leadership, he takes readers through everything from his hiring process to how entrepreneurs can plan their next move. We sat down with Branson to get his advice for young workers.

What's the most important thing for 20-somethings as they start their careers?

You only live once and it's important to spend your life doing something you enjoy and really interests you, and that you'll be really pleased spending your life doing. So if you have a great idea for a business, if you feel you have an idea that can fill a gap and help make people's lives better: try it. Make a go of it.

If you're not entrepreneurially-minded, try to go into a profession where you will get some satisfaction in doing it. Don't do a profession because you're going to make a lot of money in it, and it's horribly dull.

How do you know when the time is right?

If you want to run a business, I'm not sure that it's necessary to spend too many years studying. I think it's better if you get on and do it and learn while doing it. If you have five or six years building a business, rather than studying to build a business, you're five or six years ahead of everyone else.

What are your tips for someone with a great idea who isn't sure how to sell it.

I think that the important thing is to simplify what you're saying and, if you can't explain what your idea is in two or three sentences and excite people by it, I suspect it's not a good idea. That



Ditch the shirt and tie

"Working for companies should be a fun, pleasant experience and, so often, it is a stifling, boring experience ... It often comes down to bad leadership."

Choose a business or career you enjoy, and trust your co

Richard Branson, multi-billionaire entrepreneur

applies to most things you're trying to sell. Keep it simple and clear-cut.

Once you start building your team, how do you know who to hire and trust?

If it's your first business, I suspect you'll have some life-long friends, and it's always good to have friends around you when building a business. I had two or three friends join me in the early days and it was delightful. Then you just have to interview people and see if they are as passionate about what you do as you are.

You've said you don't read business books. So, it's funny that you wrote one.

Yeal, I haven't read business books; I've glanced at one or two. I think there's too many lists. So, what I've tried to do is write a book that's more readable and tells stories. People can learn from reading

What do you think is the biggest mistake young entrepreneurs are making?

I think a lot of young entrepreneurs are not good delegators; they try to do everything themselves. What they need to do is get people to deal with the nitty-gritty, free themselves up and think of the bigger picture.

Entrepreneurs sometimes tend to be micromanagers; how do they let that go?

If they trust people, not everything will be done exactly how they would do it, but some things will be done better. And some things won't be done quite as well. If you're good at finding good people, they shouldn't let you down often.

Why do you feel corporations are so stifling of creativity and personality?

It's strange because working for companies should be a

fun, pleasant experience and so often, as you say, it is a stifling, boring experience.

People are made to dress in formal clothes — ties and suits. They work out of unpleasant environments and that constitutes their life. It is sad and it often comes down to bad leadership ... If they were good leaders, they would make sure people enjoyed their jobs.

If you had to describe your personality in one or two

words what would you say?

I don't take no for an answer. I like to enjoy what I do. I like to create things I'm proud of. I like to surround myself with great people. And I give those people a lot of freedom to create great things.



metronews.ca
Monday, September 15, 2014

Hold meetings like nobody's business

Let's talk. Eight ways to save time and get more done during a business meeting

LAKSHMI GANDHI

Metro in New York City

You're at a meeting inside your office's conference room. You most likely feel:

a) bored out of your mind b) confused as to what the point of the discussion is

c) annoyed that you were pulled away from your desk or d) a combination of all of the above.

If there's one thing most office workers have strong opinions about, it's unproductive meetings. But despite all of the evidence, little has been done to change the way most companies conduct business. We recently chatted with consultants Dick and Emily Axelrod about their new book, Let's Stop Meeting Like This: Tools to Save Time and Get More Done, and what



Tired of listening to your colleagues yammer on during meetings? Authors Dick and Emily Axelrod say there should be a limit to how long anyone can speak. COLOURBOX

managers can do to fix common issues.

Stay on track with a schedule

"There should be ground rules for how long anyone can speak," says Emily. Having a designated timekeeper who makes sure things stay on schedule and helps moderate discussions can make a big difference.

Make it a point to get everyone comfortable

"You want everyone to feel connected and have a collaborative space," says Dick. "If there are new people, then you really have to have time for people to get to know each other."

Give everyone a chance to speak

Letting one person dominate a meeting is a recipe for disaster. "One thing to do is to institute a rule that says, 'Before we discuss anything, we should go around the room so that everyone has time to speak," advises Dick

Be clear about the purpose

"It's important to ask, "What are we trying to create here?" says Dick. "When you know where you are and what you want to create, you begin to see things that you didn't see before." One big complaint the Axelrods hear about meetings is that they often go off-track, wasting the time and patience of employees. "We had one person say, 'All my boss talks about is his family during the meeting and we have to stay and listen," Dick says.

Know what a successful meeting looks like

Managers, says Dick, should work to make sure that employees "leave a meeting feeling that it was time well spent. There should be a little challenge," he continues. "People should feel that they learned something new. What you don't want is a meeting where you're sitting there thinking, 'All of my work is piling up on my desk."

Build in breaks so people can check their phones

On the other hand, sometimes there are simply long meetings that everyone must attend. In those cases, Emily recommends working five-to-10-minute breaks into the schedule to ensure that you have everyone's focus while the discussion is going on.

Timing is everything

Do you have a complicated rule change or proposal that you have to roll out soon? "If it's a content-heavy meeting, morning is a good time," says Dick. "Afternoon is the time for meetings that require lots of activity."

Let anyone who seems bored or distracted leave

The Axelrods say they once had a client who made all meetings voluntary because he was tired of dealing with employees who looked distracted or bored or were constantly on their phones. "If he gets the idea that they'd rather be somewhere else, he just asks them if that's the case," says Dick. "He trusts that people know how to manage their time."



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Lessons from the desert

How fallback plans make it easier to quit

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.



LESSONS FROM THE DESERT Stéfan Danis life@metronews.ca

Having a Plan B with any project in life weakens the amount of adversity we can handle.

The simple knowledge that the option exists to abandon what we're doing and try something else opens the possibility of not following the project through to the end.

It saps energy away from



our boldness, and shifts the single pursuit to complete our quest to, instead, questioning our commitment.

It lets our imagination more easily justify an early exit, and Plan A failure becomes an option we grow comfortable with.

Along my desert journey, almost half of my friends quit. Some quit while preparing, others while racing.

Those who quit while preparing ended up doing Plan B — another less-demanding event.

But interestingly, most of those who quit while in the desert gutsily ended up returning to do it again. This time, all completed the race. Without Plan B, their redo was bound for success, all unwilling to taste the sour memory of failure

again.

We get socialized early on to think of backup options so we'll always have a fallback position in case a project we take on doesn't turn out.

Although such plans act as insurance and can help us sleep better at night, too often they get executed simply because we abandon the original plan too early.

Success is never guaranteed for the projects we take on in life and, to lessen the risks, Plan B has its place.

The question is, will you consider Plan B a success? If not, committing fully to Plan A from the beginning significantly increases the probability of success.

STÉFAN DANIS IS THE CEO OF

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER. metronews.ca
Monday, September 15, 2014

LIFE 23



Studies have shown that companies can save nearly \$2,000 per employee by allowing workers to telecommute. COLOURBOX

Telecommuters. Number of virtual workers to nearly double in two years

Until a few years ago, telecommuting was not considered a realistic option at most companies. But with technological advances like high-speed Internet and smartphones, more and more workers are now putting in a full day's work miles away from a conventional office.

In an editorial for the tech news site Re/Code, Josh Tolan (the CEO of the video interview service Spark Hire) notes that studies have shown that companies can save nearly \$2,000 per employee by allowing them to telecommute and that virtual workers also tend to work longer hours than those who go into the office.

A 2009 survey by Consumer Technographics found that

34 million Americans work from home at least some of the time. By 2016, that number is expected to jump to 63 million workers.

As with any dramatic change to company culture, Tolan also points out that hiring for a remote employee can be a little different than what recruiters may be used to. "You need to look for candidates who are motivated, passionate, top-notch communicators, and extremely independent and self-directed," he writes. "You can't hire someone who needs their hand to be held at every step of the process, because mentorship will be significantly harder in a virtual setting." LAKSHMI GANDHI/METRO IN NEW YORK CITY

Stop eating at your desk. Taking a lunch break boosts energy and health

What are you doing for lunch today? If you are like most workers, you'll be eating at your desk — which isn't much of a break from your day at all. Studies have shown that only one in five American employees actually take a true lunch break.

"I've found that it's common for people to brag about how they're too busy to eat lunch. And when they do eat, it's at their desks, while staring at a screen," writes Forbes contributor Ruchika Tulshyan.

That's in sharp contrast to other countries like Singapore, where the midday meal break is considered sacred.

There are several reasons you should take full advantage of your lunch break. As Tulshyan points out, breaks are good for productivity and eating while you are distracted may not be great for your health. There are other advantages as well: Taking even a 15- to 20-minute break can improve both your concentration and energy levels throughout the afternoon.

So get out and enjoy some sunshine during your next lunch hour. Your work will benefit from it. LAKSHMI GANDHI/METRO IN NEW YORK Brain power

Learning possible while you sleep

French researchers have discovered that rehearsing simple word classifications up until the moment we nod off leads to the brain continuing such exercises during sleep. "We show that the sleeping brain can be far more active in sleep than one would think," says Sid Kouider

of Ecole Normale Supérieure in Paris. "Far from falling (into) a limbo when we fall asleep, parts of our brain can routinely process what is going on in our surroundings and apply a relevant scheme of response." The study, conducted with the University of Cambridge, draws on previous research indicating complex tasks such as speech processing can be completed in a state of unawareness. AFP

Active interest

Morning exercise class a gym dandy idea for kids

Finnish researchers have found that significant physical activity can increase boys' academic performance, and a study out of Michigan State University and the University of Vermont concludes that providing aerobic exercise classes in the morning could reduce symptoms of ADHD in school and at home, suggesting that such programs could increase concentration for all children.

Previous studies have indicated an association between exercise and improved cognitive function, and a U.S. study out this past week supports the thinking that exercise has a positive effect in the classroom. AFP



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Location: Halifax, Nova Scotia **When:** Monday, September 22, 2014 **Time:** 12:00pm to 6:00pm

Where: Lord Nelson Hotel - 1515 South Park Street, B3J 2L2

For more information about our career opportunities or to apply for a position in advance visit

www.calfrac.com/careers

24 SPORTS metronews.ca Monday, September 15, 2014

Fortier's overtime goal sinks Islanders

QMJHL. Halifax beats Charlottetown after beginning season with loss to Acadie-Bathurst



KRISTEN LIPSCOMBE kristen.lipscombe@metronews.ca

It was a much-needed night of firsts Saturday for the Halifax Mooseheads.

The Herd won their first game of the regular season, a 6-5 overtime thriller over the Charlottetown Islanders on the road at the Eastlink Centre.

Netminder Kevin Resop snagged his first W in the league, with 17 saves on 22 shots in just under 64 minutes.

Rookie blue-liner Morgan Nauss notched his first goal, a power-play marker at 4:18 in the first, to kick off the night's back-and-forth scoring.

back-and-forth scoring.
"Those are things that guys remember," Mooseheads head coach Dominique Ducharme said of a few well-earned firsts for his rookies.

"We really felt we deserved it," he added. "The guys showed a lot of character."

After a tough 4-1 loss to the Acadie-Bathurst Titan on the road Friday evening, it had to be a relief for the young Mooseheads squad to get that first win of the regular season out of the way, made even better with an OT finish.

Returning forward Maxime Fortier scored the game-winner at 3:35 in the extra frame. He picked up a rebound and



put the puck into the back of the net, after Swiss import Timo Meier carried it down the ice, split Charlottetown's D and fired a shot a goalie Daryl MacCallum's pads to create the chance. Nauss also assisted

The Mooseheads and Islanders traded goals throughout, with defenceman Cavan Fitzgerald also scoring on a first-period power play, Meier adding one in the middle frame, and captain Ryan Falkenham scoring two straight in the third period, both with the Herd on a man advantage

They're coming hom

The Halifax Mooseheads host their home opener Friday against the Moncton Wildcats and welcome the Saint John Sea Dogs on Saturday, with the puck drop at 7 p.m. both nights at the Halifax Metro Centre.

Halifax native Falkenham now has three goals and an assist in two games.

Halifax had a 5-3 lead in the latter half of the third, but

penalties cost them, as Islanders Mitchell Balmas and Kameron Kielly added two powerplay goals within 30 seconds of each other to send it into overtime. Charlottetown had pulled MacCallum for a 6-on-4 advantage.

In Friday night's game against Acadie-Bathurst, the Moose were almost shut out, but Falkenham stepped up late in the game to score Halifax's lone goal, picking up a loose puck in front and letting a quick, high shot go just inside the far post. Resop made 24 saves on 27 shots

Saint Mary's Huskies

Huskies 0-2 after falling to Axemen

Despite carrying a 13-10 lead into the fourth quarter, the Saint Mary's Huskies couldn't bring home a win from Wolfville in Atlantic University Sport football action Saturday.

Instead, the Axemen claimed their first win of the season, edging the Huskies 16-13 and handing them their second loss in AUS action.

Acadia kicked off the scoring, with Thomas Troop capping a 56-yard drive with a two-yard run, making it 7-0 in the first quarter.

A safety got Saint Mary's on the board in the second, but a 13-yard field goal from Ryan Begin made it 10-2 for Acadia.

Saint Mary's took their only lead at 13-10 in the third quarter when quarterback Scott Borden threw a 14-yard touchdown pass to wide receiver Mohamed Abdallah.

One big play wasn't enough, however, with 15yard and 36-yard field goals in the fourth giving the lead back to Acadia, and in the end, victory as well.

Troop rushed for 170 yards on 24 carries to lead the offensive attack for the Axemen.

Abdallah snagged six receptions for 76 yards for Saint Mary's, while Borden, who is from Halifax, finished with 148 yards passing. METRO

Parts for Trucks tour

Flemming takes home fifth title

John Flemming did it again.
For the fifth time, the
Halifax racer claimed the
Parts for Trucks Pro Stock
Tour championship title, despite finishing in 13th place
in the Dartmouth Dodge
200, the final event of the
season, which took place
Saturday night at Scotia
Speedworld in Dartmouth.

Flemming dominated for the first 180 circuits, according to a Maritime Pro Stock Tour news release, and battled with Jonathan Hicken of Brudenell, P.E.I., for the final 25 laps.

But a flat tire forced him into the pit with less than three laps left, allowing Hicken to take first place, while Cole Butcher of Porters Lake snagged second.

Flemming will be honoured at a banquet Nov. 22 in Dartmouth, the release

Lussier sidelined with broken wrist



The Halifax Mooseheads split their weekend games with several veterans missing on the blue-line.

Fourth-year player Austyn Hardie, 20, was out with a lower-body injury, fellow overager Jesse Lussier, also 20, suffered a broken wrist in Friday night's loss and third-year player Matt Murphy, 19, is at training camp with the NHL's Ottawa Senators.

In addition, 18-year-old Josh Fitzgerald and 17-yearold D-man Brandon Worthen, who was recalled for the weekend's two road games, both sustained upper-body injuries.

They're coming home

Newly acquired forward Kelly Bent, 19, made his Mooseheads debut Saturday after serving a suspension Friday, carried over from the Saint John Sea Dogs last season.

Worthen's occurred Saturday during the Herd's win, when he was hit hard into the boards and forced to leave in the first, head coach Dominique Ducharme said.

The Moose brought up Nicholas Gibson, 18, from the MJAHL's Valley Wildcats for Saturday's game to help fill the gap. They also recalled goaltender Christopher Langlais, 18, and forward Makail Parker, 17, for the weekend while four other top players are away at NHL training camps.

"We faced a lot of adversity," Ducharme said of starting the season with a shortened bench. He said his young D-men "got a lot of ice time and gained confidence."

"Everyone in the lineup really chipped in, and played within their strengths."

Raonic TKOs Colombia in Halifax

Davis Cup. Star tennis player propels Canada past Colombia

Milos Raonic did just what was expected of him.

The Thornhill, Ont., native won both his singles matches in a playoff tie with Colombia, including the clinching match on Sunday, as Canada stayed in the Davis Cup World Group for the fourth straight year.

Raonic, No. 7 in the ATP singles rankings, beat Santiago Giraldo 6-1, 7-6(2), 7-5 in front of a spirited crowd at Halifax Metro Centre. The win gave Canada a 3-1 lead in a best of five tie, and secured Canada's spot in the World Group for 2015.

"I knew I wasn't playing my best tennis, probably at B-plus level at the very best," said 23-year-old Raonic. "But I am extremely happy the way I competed in both matches, and giving Canada a deciding point in a tie for the fifth time."

Raonic won deciding points



against Mexico, South Africa, Spain and Italy.

On Friday Řaonic beat World No. 90 Alejandro Gonzales 6-3, 6-3, 6-2 — overwhelming his opponent with 30 aces (Gonzales had only one). Teammate the Vasek Pospisil, of Vancouver,

gave Canada a 1-0 lead when he beat Giraldo 6-3, 7-6(2), 6-3 in the opening match.

Joining Raonic on the Can-

adian team were Frank Dancevic (ATP No. 135) and Daniel Nestor (ATP No. 3 doubles), who's played his 47 Davis Cup

More pain for Spain

Thomaz Bellucci defeated Roberto Bautista Agut 6-4, 3-6, 6-3, 6-2 to give Brazil an unassailable 3-1 lead over Spain in a Davis Cup World Group playoff on Sunday, dropping the five-time champions to the zone groups for the first time since 1996.

tie

On Saturday Pospisil and Nestor lost their doubles match to the team of Juan Sebastian Cabal and Robert Farah 7-6(4), 7-6(7) 6-4 in a close match where the winners won the total of 109 points and the losing team won 102.

Winning the doubles match on Saturday gave the Colombian team some hope before the reverse singles matches on Sunday.

So Raonic's win on Sunday was crucial, particularly so given he wasn't happy with his level of play coming to Halifax from the U.S. Open.

THE CANADIAN PRESS

MLB

Rays take shine of Jays' magic

A Toronto season filled with surprise and disappointment was neatly summed up Sunday afternoon in a 6-5 10th-inning loss to the Tampa Bay

The Blue Jays have managed to shine and sputter in 2014. On Sunday, they did both.

Trailing 5-4, Toronto was down to its last strike when pinch-hitter John Mayberry Jr. hit a solo home run to send the game into extra innings. The line drive off Jake McGee just cleared the left-field fence to the delight of 28,633 with the roof open at the Rogers Centre.

Adam Lind's threerun homer in the eighth off Rays reliever Grant Balfour had started the comeback, following singles by Jose Reyes and Jose Bautista.

But in the 10th, Wil Myers scored on Sean Rodriguez's sacrifice fly and Tampa blanked Toronto in the 10th.

The Jays now sit four games out of a wild-card spot with 14 games remaining. THE CANADIAN PRESS

FIBA. No LeBron, no Kobe, no problem for Americans

Kyrie Irving made all six threepointers and scored 26 points, and the U.S. repeated as world champion for the first time by crushing Serbia 129-92 on Sunday in the FIBA World Cup.

James Harden added 23 for the Americans, who made 11 of 16 three-pointers in a sensational-shooting first half, adding one final romp to a tournament full of them.

This depleted team that was supposedly weak enough

to lose was too good to be touched.

"It kind of was, again, a smack to our face, saying the U.S. was sending the B-team to go play in the World Cup," forward Kenneth Faried said. "Just because LeBron's not here, Kobe's not here, (Kevin) Durant's not here, doesn't mean anything. We can step up and win the gold, too. That's what we did tonight."

THE ASSOCIATED PRESS



United States players celebrate their victory after winning the final of the FIBA World Cup against Serbia in Madrid Sunday. The U.S. dobbered Serbia 129-92. Scan the image with your Metro News app to ew a gallery of the U.S. win in Spain. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS



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For those without a metro, the forcast calls for "I dunno" with a slight chance of "Huhhh?"





The Patriots' Devin McCourty evades the Vikings' Phil Loadholt during an interception return on Sunday in Minneapolis, Minn. ADAM BETTCHER/GETTY IMAGES

Patriots pick apart Vikings

NFL. New England parlays Matt Cassel's 4 INTs into their first win of the season

Tom Brady and the New England Patriots took advantage of Adrian Peterson's absence and Matt Cassel's four interceptions, and Chandler Jones returned a field goal he blocked for a touchdown right before halftime to lead a 30-7 victory over the Minnesota Vikings on Sunday.

Brady went 15-for-22 for

149 yards, one touchdown and no turnovers, and Cassel's first start against his close friend and former mentor was a dud. Devin McCourty, Darrelle

Revis, Logan Ryan and Dominique Easley all picked him off, setting up 17 points for the Pa-

triots and prompting "Teddy! Teddy! Teddy!" chants from the crowd for the rookie Bridgewater. Cassel finished 19-for-36 for 202 yards.

The victory was coach Bill Belichick's 200 of his career.

Peterson was indicted on Friday and flew to Houston early Saturday morning to turn himself in. He was booked and released and returned to Min-

Peterson has acknowledged that he used a tree branch to discipline his four-year-old son. Peterson's lawyer says his client did not intend to harm the boy. The associated press

Premier League. Man United in the win column after routing QPR 4-0

Manchester United ended its winless start to the Premier League season in emphatic fashion on Sunday, beating Queens Park Rangers 4-0

Angel Di Maria and Ander Herrera scored their first goals for United, Wayne Rooney and Juan Mata added others and Radamel Falcao had a 23-minute run-out as a substitute for his debut. In his fifth competitive match in charge of United, Louis van Gaal finally was able to enjoy a victory that lifted the team to five points from four league matches. THE ASSOCIATED PRESS



Manchester United's Ander Herrer celebrates scoring on Sunday. PAUL ELLIS/AFP/GETTY IMAGES

CFL

Ticats rough up **Durant-less Riders**

Zach Collaros and the Hamilton Tiger-Cats created a three-way tie for first place in the CFL's East Division.

Collaros threw two touchdown passes and the Tiger-Cats romped to a 28-3 win over the Saskatchewan Roughriders on Sunday.

Hamilton (3-7) moves into a three-way tie for first in the East with Toronto and Montreal.

Saskatchewan, missing injured quarterback Darian Durant, saw its league-best winning streak end at seven games.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

oroscopes by Sally Brompton

↑ Aries

March 21 - April 20

The final piece of a puzzle you have struggled with will fall into place over the next few days. Once you can see the entire picture, you will know why it took so long to make sense.

Taurus

April 21 - May 21 While something may seem obvious to you, others may struggle to understand what you are talking about. Explain in plain and simple language.

∐ Gemini

May 22 - June 21

You may have to devote the daylight hours to work-related matters but once the Sun goes down your thoughts will be on having fun.

9 Cancer

June 22 - July 23

According to the planets you should follow a course you have navigated profitably before rather than set out in a new direction. There is no need for any type of major change.

€? Leo July 24 - Aug. 23

You can sense that something is wrong and you know better than to ignore your instincts. Take the initiative and act immediately on your suspicions.

W Virgo Aug. 24 - Sept. 23

You may not understand how your mind has arrived at a certain conclusion but deep down you know it is the right one for you. Come the end of the week it will make sense.

△ Libra

Sept. 24 - Oct. 23

Try not to criticize yourself. If you made a mistake of some kind then learn from it quickly and move on. Today's failure can be tomorrow's success.

III Scorpio Oct. 24 - Nov. 22

Think positively about what you are required to do by people in positions of authority. It may not be what you want to do but the bottom line is they have the power and you do not.

Sagittarius Nov. 23 - Dec. 21

You know a good thing when you see it and what you see today will get your mind racing. How can you make it work for you? Don't let others tell you it's selfish to think that way. It's just common sense.

6 Capricorn

Dec. 22 - Jan. 20

Why are you worrying for no good reason? Planets suggest that nothing will happen without your say-so, so try not to be so defensive about life.

Aquarius Jan. 21 - Feb. 19

Don't be judgmental of people whose lifestyles differ from your own. Maybe the world would be a better place if everyone was just like you but that isn't going to happen.

H Pisces Feb. 20 - March 20

You need to resolve a dispute with a loved one or co-worker and you need to do it right now. Say sorry and move on.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- 1. Toronto-born singer, Melanie 6. Writer Ms. Tarbell's 10. Does in, hitmanstvle 14. Diplomatic
- delegate 15. 'John Hancock' is a
- famous one
- 17. Aristocracy 18. American fashion
- store opening this
- week in Calgary

 19. Stand-up Mr. Cook
- 20. Piece from a pine 21. __ scheme (Invest-
- ment fraud) 22. Where to eat lingonberry jam
- 24. Denzel Washington movie, "The Book of __" (2010)
- 26. Y-ending word's plural suffix
- 27. Complication
- 30. Genuine
- 32. Waters: Spanish 36. Many
- 38. Toss 41. Men Without Hats
- hit: 4 wds. 44. __-dieu (Prayer
- bench) Saint-Luc, QC
- 46. Roman roads
- 47. Biblical mount 49. Pluses
- 51. Meditation sounds
- 53. High sch. math 55. #34-Down's
- comedy duo partner Mr. Marin 60. Some tomatoes
- 62. Russian river 65. Low-lying area 66. -rich foods (Kefir, sauerkraut and miso soup, as
- examples) 68. Muffin alternative
- 69. Hit by #1-Across that goes "...to know how much I really
- love you...": 3 wds. 70. Pretty perfect 71. No: Russian

15

18

20

42

45

62 63

23

53

- 72. Tinted 73. Actress Laura's
- Down 1. Nourishes 2. Groom's new
- relative
- 3. Pertaining to sheep
- 4. Esteemed 5. Nautically nae-not

43

46

68

70

- 6. Money Object link: 2 wds.
- 7. Singer of early-'60s hit "The Wanderer" 8. Harmonize
- 9. Audio [abbr.] 10. Sgt. Snorkel's comic strip dog
- 11. Canadian companies The Brick and Leon's sell it 12. Was overcome by
- stage fright 13. 18-wheelers 16. "A Dandy in (1968 spy movie) 20. Wolf Blitzer's

network

- 23. Gas station name 25. -majeste (High treason)
- 28. Moreover
- 29. "Something's Give" (2003)
- 31. Riot
- 32. Smartphone
- purchase
- 33. Half of Chef Ram-
- say's name 34. 1978 comedy star-
- ring current season of "Dancing with the
- Stars" Canadian comedian Tommy Chong and #55-Across: 3 wds.
- 35. James __ (Pulitzer-
- winning writer) 37. Afterwards...
- 39. Camera type, commonly
- 40. CFL feats
- 42. Environmental sci.
- 43. Hope 48. Herb type
- 50. Caesar's 650
- 51. "Should I wear
- the necklace
- (Jewellery-owner's query)
- 52. Jerry's dad on
- "Seinfeld" 54. Brave
- 56. Duck
- 57. Gung-ho
- 58. Tidy 59. FOX's "__ Kitchen"
- 61. Somewhat: 2 wds.
- 63. Cold crystally
- coating 64. Perfected
- 67. Bygone
- 68. Tender

Friday's Crossword

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"R	E	.t.	A	T	E		'n	1	c	E	N	E	8	8

See today's answers at metronews.ca/answers



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	8	1	2	6	9	5	3	7
7	3	9.	4	5	8	2	1	6
6	2	5	1	3	7	9	8.	4
2	.5	3	9	1	4	7	6	8
9	4	8	3	7	6	1	5	2
1	6	7	5	8	2	3	4	9
3	9	2	8	4	1	6	7	5
8	1	6	7	2	5	4	9	3
5	7	4	6	9	3	8	2	1

3		9		1	7			2	
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4			2	5		1			

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